

Trail Talk

Conasauga Ranger District

July 2012



Calling all Volunteers! News Flash!

We hope this newsletter finds you well today and thinking about what your next trail or project endeavor might be. If you haven't heard, former Conasauga Ranger District employee Mike Davis is serving as the Acting District Ranger for the months of July and August. A forest panel has sorted through applications and conducted interviews for this position. Mike states that he is looking forward to seeing many of his old trail partners and friends while here on the district. Be on the lookout; you might even see him on trail work days over the next two months.

Karen Larsen is our new Resource Program Manager who will be starting in her position in early July. Karen has a strong background in recreation, wilderness, and trails, and in working with Volunteers on National Forests and in National Parks across the country. She is coming to us from the Chequamegon-Nicolet National Forest in Wisconsin. She will be taking over the reins of the Conasauga Volunteer program and is very much looking forward to meeting you and seeing what a great group we have here to work with. No doubt you will see her on many of your outings. We know you will provide her with a warm welcome to Georgia. (See Karen's bio on page 3 of the newsletter)

What else is going on you say? This summer the reroute on Beech Bottom trail at the old culvert stream crossing will be tackled by a group known as SAWS (Southern Appalachian Wilderness Stewards). Learn more about this group by visiting www.trailcrews.org SAWS will also have a crew working a portion of the lower section of the remote Jacks River Trail. Team Conasauga Volunteers will help to complete this project in the coming months.

We are continuing to move forward with work dedicated to a reroute on the Pinhoti Trail near Dennis Mill. Employees are working on potential bridge designs for a stream along this section.

The district and the forest had a great turnout for this year's National Trails Day. A large number of people made a difference during NTD 2012.

What's missing? **You!** Many of our readers are regulars; many may not have been out in a while. Is it time that you made a trip back to visit with us and built up some sweat equity in our wonderful natural resources? Your work truly counts for something and we appreciate all that you do.





Greetings! Starting in July I will be the new recreation ORA for the Conasauga RD so I thought I should send along an introduction of myself and my family! To start, I guess you'd have to call me a mid-westerner, born and raised in Dayton, Ohio where my father was a physicist for the US Air Force, and my mother was a high school teacher. I earned a Bachelor of Arts degree in Biology from Albion College in lower Michigan and immediately embarked on what became a wonderful winding career path in natural resources and recreation as a SCA resource technician volunteer at Shenandoah National Park in Virginia. Since then I have worked at Assateague Island National Seashore (Maryland), Voyageurs National Park (Minnesota), Olympic

National Forest (Washington) and am currently at the Chequamegon-Nicolet National Forest in northern Wisconsin. I have worked a wide variety of positions along this journey including roads and trails maintenance, campground maintenance, biological technician, laborer, equipment operator, naturalist, visitor center manager, and program coordinator for an intensive integrated pest management project. In my current position, I am the district trail, wilderness and dispersed recreation technician with extensive collateral duties in data management as the Forest's INFRA-Trails and INFRA-WILD Data Steward.

At a viewpoint along my trek, I struck up a conversation with a fellow hiker named Mike who has been my husband now for over 18 years. He is a backcountry law enforcement ranger with the Park Service currently working at Apostle Islands National Lakeshore here on Lake Superior. To add a little challenge to our trail over the years, Mike and I added a sharp curve turn to our trail (caution ahead!), a son named Kyler who is 16 and anxiously anticipating getting his driver's license, and a steep hill, a high-energy daughter named Rachael whose first response at hearing of our move to Georgia was "awesome...now I can play soccer year round!" In our travels we also picked up a few stranded hitchhikers of the four-footed persuasion : a cat, (very creatively named "Kitty"...does it really matter what a cat's name is?), a springer spaniel pup name Lily, and an audacious guinea pig named Hazel who basically rules the household!

Although I have enjoyed all of our experiences around the country, I've always felt most at home in the Appalachians so I am very excited to be coming your way. In the last decade or so my family has migrated south as well, with my parents residing in Big Canoe and my brother and his family in Alpharetta. For the first month or so I will be flying solo as Mike and the kids wrap up selling our home and such, but we're all looking forward to meeting everyone and exploring all the great resources in the coming months! Til then...happy trails!



Protecting Yourself from Heat Stress

Heat stress, from exertion or hot environments, places workers at risk for illnesses such as heat stroke, heat exhaustion, or heat cramps.

Heat Stroke

A condition that occurs when the body becomes unable to control its temperature, and can cause death or permanent disability.

Symptoms

- High body temperature
- Confusion
- Loss of coordination
- Hot, dry skin or profuse sweating
- Throbbing headache
- Seizures, coma

First Aid

- Request immediate medical assistance.
- Move the worker to a cool, shaded area.
- Remove excess clothing and apply cool water to their body.

Heat Exhaustion

The body's response to an excessive loss of water and salt, usually through sweating.

Symptoms

- Rapid heart beat
- Heavy sweating
- Extreme weakness or fatigue
- Dizziness
- Nausea, vomiting
- Irritability
- Fast, shallow breathing
- Slightly elevated body temperature

First Aid

- Rest in a cool area.
- Drink plenty of water or other cool beverages.
- Take a cool shower, bath, or sponge bath.



MTDC Heat Stress - http://fsweb.mtdc.wo.fs.fed.us/php/library_card.php?p_num=9851%202841

OSHA Heat Stress Card - <http://www.osha.gov/Publications/osh3154.pdf>

CDC - <http://www.cdc.gov/niosh/topics/heatstress/>

National Safety Council - <http://www.nsc.org/library/facts/hot.htm>



**We love to showcase our
Volunteers!**





As many of you know, the last issue of Trail Talk appeared in January. Since then hundreds, if not thousands of hours have been contributed by numerous individuals and groups. The Conasauga District Trail Volunteers, the Northwest Georgia SORBA Chapter, the Benton Mackaye Trail Association, the Backcountry Horsemen of North Georgia, the Backcountry Horsemen of Northwest Georgia, and Trout Unlimited volunteers have been just a few of those who have given back to the forest.

We truly appreciate all your efforts. One thing that we ask is that everyone let us know the number of hours you have contributed to the cause. It is not only important that we recognize you, but it is extremely important for our agency to account for the tracking of the hours. Will you please help us by either contacting Wanda Brown or Karen Larsen in the future? As usual, this is fairly easy for us on scheduled work days, but for our other organizations, we continue to depend on your submittals. Thank you for the incredible amount of work that occurred from January to July. **You're the best!**



WE'RE NOT FINISHED YET!

- **July 14** East Cowpen (Rice Camp trailhead), sling-blading. Equestrians needed.
- **August 10-11** Working Weekend # 65, Hemp Top/East Cowpen (Three Forks trailhead), sling-blading. Equestrians needed. Camping at Jacks River Fields.
- **September 15** Rough Ridge (Three Forks trailhead), sling-blading. Equestrians needed.
- **October 20** Volunteer Picnic
- **Nov 16-17** Working Weekend # 66, Tearbitches/Chestnut Lead trails, drain dips and water bars. Camping at Ball Field.
- **December** No trail workday.



If you are interested, please contact Karen Larsen at 706-695-6736 x 103 or e-mail kalarsen@fs.fed.us

Note: In addition to these scheduled workdays, we are trying to find some volunteers who are interested in working independently or with a small group to tackle smaller projects.



www.fs.usda.gov

<http://teamconasauga.org/>